



STATE OF TENNESSEE

Supporting Wellness in Tennessee Health Link Members

May 2, 2019

Pam Payne, RN

- Pam serves as THL Lead Care Coordinator for Camelot Care Centers, creating trainings for behavioral health staff and educating them on medical issues that may affect their clients. Pam works as a medical liaison for Camelot employees to address medical questions or issues, and participates in monthly treatment team calls with each region.
- After a lengthy career in the trucking and logging industry, Pam began her career as a nurse in 2007. She holds certifications in BLS (Basic Life Support), ACLS (Advanced Cardiac Life Support), and PALS (Pediatric Advanced Life Support).



Carletta Creekmore, MA.Ed.

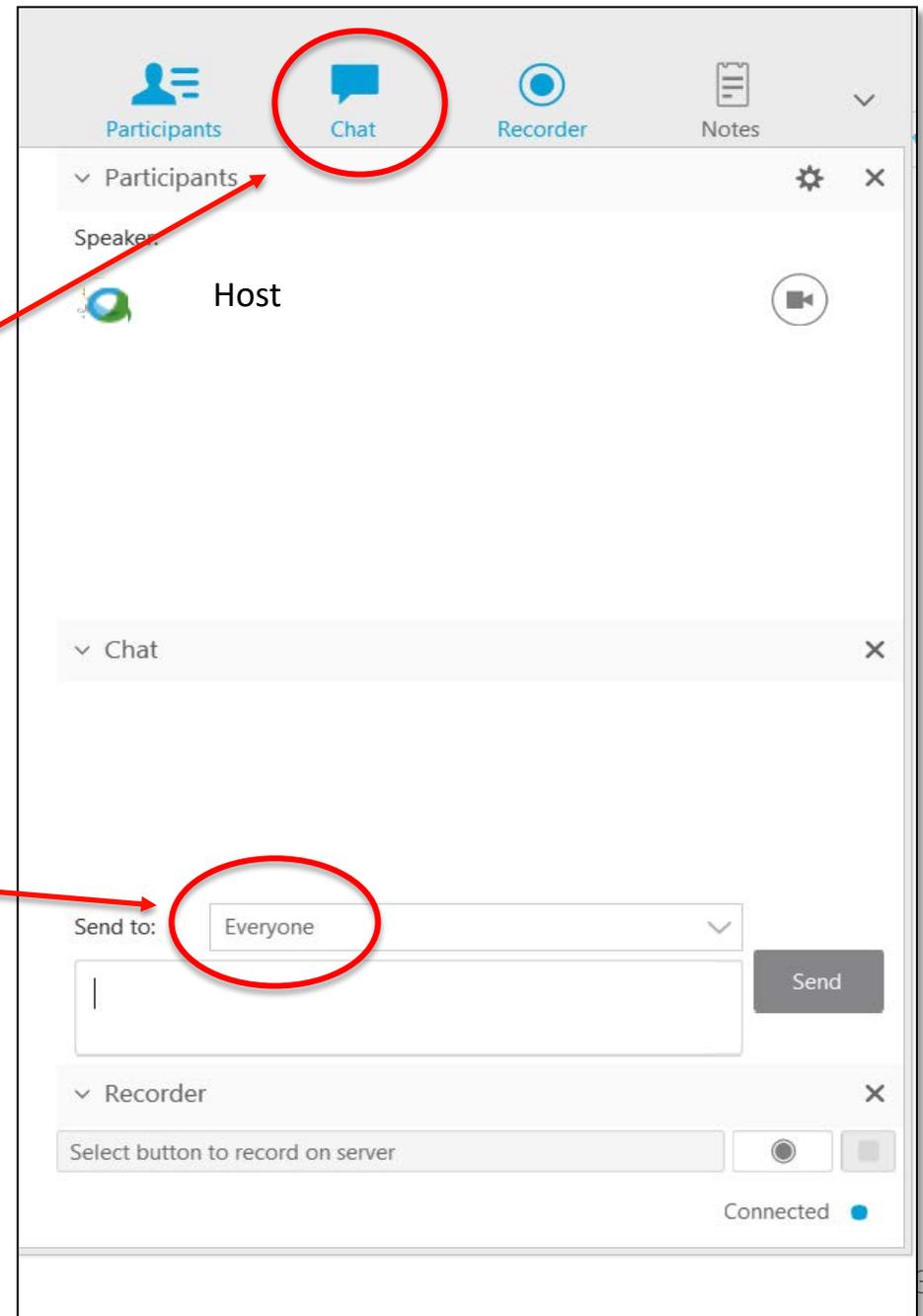
- Carletta is State Director of Prevention Services for Camelot with oversight of all behavioral/integrated healthcare programs across the state. She thoroughly enjoys being able to be involved in these programs and be a support for the teams across the state.
- Carletta earned her Bachelor's and Master's degrees from University of the Cumberlands in Kentucky. She began her career at Camelot Care Centers in 2012, working as an in-home therapist providing CCFT, case management, outpatient therapy, and mental health assessments before moving into leadership roles.



Interactive Webinar

Communicating during the webinar:

- For questions or comments during the presentation, please click on the **chat box** function
- Select "Everyone" and enter your question or comment
- This will also be used during all Q&A portions of the presentation



Learning Objectives

At the end of this webinar you will be able to:

- Provide education to clients on the ways in which weight management affects their health
- Identify at least three things that THL teams can do to support good nutrition among their clients
- Identify at least two positive coping strategies that THL teams can recommend to their clients



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Educating Clients About Health Care Issues

- In this webinar, we will cover information to support Health Link providers in interacting with clients with the following health issues:
 1. Weight management
 2. Tobacco use
 3. Substance use and abuse
 4. Stress



Body Mass Index (BMI)

- Defined: a person's weight in kilograms divided by the square of height in meters.
- A high BMI can be an indicator of high body fatness.
- BMI can be used to screen for weight categories that may lead to health problems but it is not diagnostic of the body fatness or health of an individual.
- *Overweight is defined as a BMI of 25 or higher; obesity is defined as a BMI of 30 or higher.

Weight in Pounds

	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'	30.5	33.6	36.6	39.7	42.7	45.8	48.8	51.9	54.9	58.0	61.0	64.1	67.1	70.2	73.2	76.3
4'2"	28.1	30.9	33.7	36.6	39.4	42.2	45.0	47.8	50.6	53.4	56.2	59.1	61.9	64.7	67.5	70.3
4'4"	26.0	28.6	31.2	33.8	36.4	39.0	41.6	44.2	46.8	49.4	52.0	54.6	57.2	59.8	62.4	65.0
4'6"	24.1	26.5	28.9	31.3	33.8	36.2	38.6	41.0	43.4	45.8	48.2	50.6	53.0	55.4	57.9	60.3
4'8"	22.4	24.7	26.9	29.1	31.4	33.6	35.9	38.1	40.4	42.6	44.8	47.1	49.3	51.6	53.8	56.0
4'10"	20.9	23.0	25.1	27.2	29.3	31.3	33.4	35.5	37.6	39.7	41.8	43.9	46.0	48.1	50.2	52.2
5'	19.5	21.5	23.4	25.4	27.3	29.3	31.2	33.2	35.2	37.1	39.1	41.0	43.0	44.9	46.9	48.8
5'2"	18.3	20.1	21.9	23.8	25.6	27.4	29.3	31.1	32.9	34.7	36.6	38.4	40.2	42.1	43.9	45.7
5'4"	17.2	18.9	20.6	22.3	24.0	25.7	27.5	29.2	30.9	32.6	34.3	36.0	37.8	39.5	41.2	42.9
5'6"	16.1	17.8	19.4	21.0	22.6	24.2	25.8	27.4	29.0	30.7	32.3	33.9	35.5	37.1	38.7	40.3
5'8"	15.2	16.7	18.2	19.8	21.3	22.8	24.3	25.8	27.4	28.9	30.4	31.9	33.4	35.0	36.5	38.0
5'10"	14.3	15.8	17.2	18.7	20.1	21.5	23.0	24.4	25.8	27.3	28.7	30.1	31.6	33.0	34.4	35.9
6'	13.6	14.9	16.3	17.6	19.0	20.3	21.7	23.1	24.4	25.8	27.1	28.5	29.8	31.2	32.5	33.9
6'2"	12.8	14.1	15.4	16.7	18.0	19.3	20.5	21.8	23.1	24.4	25.7	27.0	28.2	29.5	30.8	32.1
6'4"	12.2	13.4	14.6	15.8	17.0	18.3	19.5	20.7	21.9	23.1	24.3	25.6	26.8	28.0	29.2	30.4
6'6"	11.6	12.7	13.9	15.0	16.2	17.3	18.5	19.6	20.8	22.0	23.1	24.3	25.4	26.6	27.7	28.9
6'8"	11.0	12.1	13.2	14.3	15.4	16.5	17.6	18.7	19.8	20.9	22.0	23.1	24.2	25.3	26.4	27.5
6'10"	10.5	11.5	12.5	13.6	14.6	15.7	16.7	17.8	18.8	19.9	20.9	22.0	23.0	24.0	25.1	26.1
7'	10.0	11.0	12.0	13.0	13.9	14.9	15.9	16.9	17.9	18.9	19.9	20.9	21.9	22.9	23.9	24.9

<http://www.freebmi-calculator.net>

Underweight
 Nomal
 Overweight
 Obesity

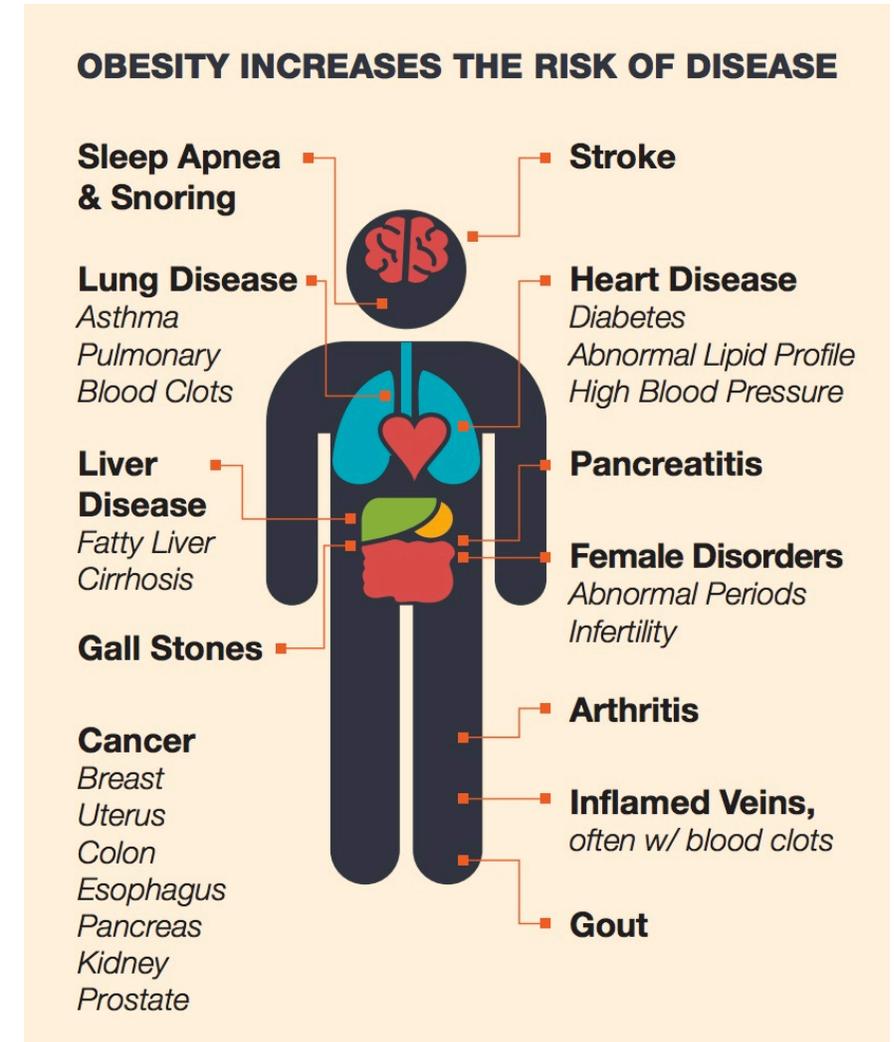
Determinants of Health: Obesity

- Biological
- Behavioral
- Social
- Environmental
- Medical illness
- Pharmacotherapy
- Psychiatric symptoms: avolition, social isolation, and loss of energy



Diseases and Health Risks Associated with Obesity

- All-causes of death (mortality)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- High blood pressure (Hypertension)
- High LDL cholesterol, low HDL cholesterol, or high levels of triglycerides (Dyslipidemia)



Diseases and Health Risks Associated with Obesity, continued...

- Osteoarthritis (a breakdown of cartilage and bone within a joint)
- Sleep apnea and breathing problems
- Some cancers (endometrial, breast, colon, kidney, gallbladder, and liver)
- PCOS (polycystic ovarian syndrome)
- Low quality of life
- Mental illness such as clinical depression, anxiety, and other mental disorders
- Body pain and difficulty with physical functioning



Youth: Overweight and Obesity

- Peer relationships are the primary mediator of relationship between obesity and psychopathology.
- Overweight children have fewer friends and more limited social networking abilities; having fewer friends and being teased about weight causes more psychosocial distress.
- Overweight children experience more relational aggression such as teasing.
- Teasing shown to be associated with increase in suicidal ideation and suicide attempts in overweight youth.
- The epidemic increase of overweight and obesity, and related health risks, underscore importance of effective prevention and intervention strategies for people across their lifespan.
- Behavioral health issues increase risk for developing overweight and obesity; medical and psychosocial comorbidities are potentially exacerbated in this group; targeted prevention and intervention strategies for this population are necessary.

Youth: Overweight and Obesity

- Weight assessment
- Counseling for nutrition and physical activity
- Assistance to parents in creating environment that supports healthy habits
- When discussing weight with adolescents use precaution and stay positive



Adult: Overweight and Obesity

- Behavioral change strategies (e.g., diet, activity, reduced screen time, meal planning, choosing healthier lifestyle options)
 - Results in 15-20 lbs. of weight loss over 5 month period
 - Decreases symptoms of depression
 - Increases self esteem and self image
- Adults with mental illness may require positive reinforcements for behavioral medication and successes
- Daily exercise and routine may prevent weight gain and help alleviate comorbid psychological symptoms (depression and anxiety)



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Treating Obesity

Treatment Planning of Obesity

- The American Heart Association recommends obese patients participate in a medically supervised weight loss program two or three times a month for at least six months
- The treatment plan for weight loss involves eating fewer calories than your body needs, getting aerobic exercise for 30 minutes most days of the week and learning the skills to change unhealthy behaviors
 - Incorporate a SMART goal into the THL Care Plan
- Morbid obesity – Pharmacotherapy, surgery, diet, and exercise

Tips for Addressing Obesity with Clients

- Always open the conversation in a non-judgmental and respectful way. Make sure clients see you as a 'partner' in helping them resolve this issue rather than a dictator demanding lifestyle changes.
- Clients need to understand health risks associated with obesity. It is best to use the terms "weight" (first) and "BMI" (second) as opposed to "excess fat" or "obesity".
- Clients are more likely to be open to this discussion if they feel respected and not judged.

Questions to Consider...

Questions to ask clients about eating and drinking patterns:

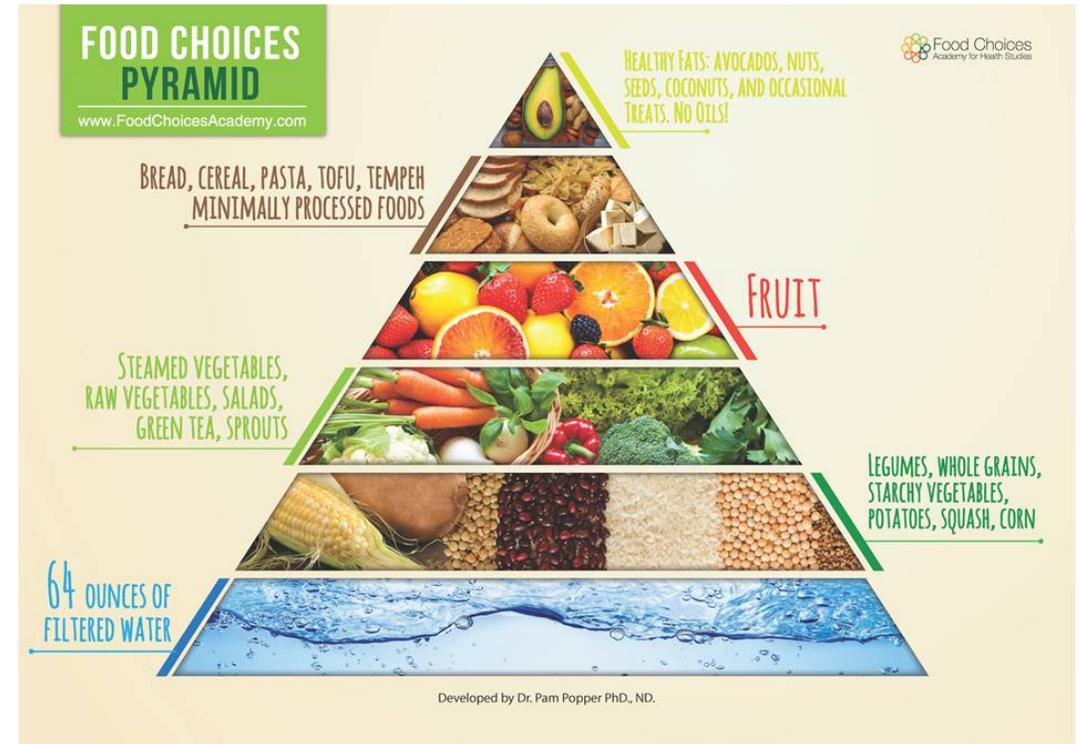
- “I’d like to learn more about your eating habits. What kinds of foods and beverages do you eat and drink on a typical day?”
- “What does ‘healthy eating’ mean to you?”
- “Do you eat only when you’re hungry, or do you eat for other reasons as well, such as feeling stressed or bored?”
- “When is the amount of food and beverages you eat and drink likely to change (for example, when you eat out or at work or family celebrations)?”
- “How do you think keeping a journal will help you track how much you eat, drink, and exercise?”



Healthy Eating Plan

According to the *Dietary Guidelines for Americans 2015-2020*, a healthy eating plan:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium), and added sugars
- Stays within your daily calorie needs



Healthy Foods

Tips for Healthy Food to Share with Clients

- Fresh, Frozen, or Canned Fruits
- Fresh, Frozen, or Canned Vegetables
- Calcium-rich foods
- Grilled or Baked Lean Meats (Chicken, Fish, Beef)
- A new twist on an old favorite
 - Strawberry smoothie instead of an ice cream

Tips for Comfort Food to Share with Clients

- Eat them less often
- Eat smaller amounts
- Try a lower-calorie version
- The point is, you can figure out how to include almost any food in your healthy eating plan in a way that still helps you lose weight or maintain a healthy weight

Importance of Physical Activity

- When losing weight, more physical activity increases the number of calories the body uses for energy or "burns off." The burning of calories through physical activity, combined with reducing the number of calories eaten, creates a "**calorie deficit**" that results in weight loss.
- Most weight loss occurs because of decreased caloric intake. However, evidence shows the only way to *maintain* weight loss is to be engaged in regular physical activity.
- Most importantly, physical activity reduces risks of cardiovascular disease and diabetes beyond that produced by weight reduction alone.

Benefits of physical activity

Physical benefits	Mental benefits
Reduces risks of cardio-vascular diseases	Good self-esteem
Reduces risks of developing some types of cancer	Reduces anxiety and depression's symptoms
Reduces risks of having type II diabetes	Enhances psychological resilience
Helps to keep a healthy weight	Helps to manage stress
Helps to keep a normal blood pressure	Improves school grades and helps to reduce dropping out
Helps to form good muscles and bone tissues	Helps to develop social skills and problem solving skills
	Helps to facilitate difficult situations
	Gives a feeling of belonging
	Reduces feeling of despair

How much Physical Activity is Needed?

- **To maintain weight:** Strong scientific evidence shows that physical activity can help individuals maintain weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person.
- **To lose weight and keep it off:** A high amount of physical activity is needed unless the diet is also adjusted to the amount of calories consumed from eating and drinking. Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan.

The recommended amount of physical activity is at least 30 minutes a day, four to five days per week.

Types of Physical Activity

Moderate Activity

- While performing the physical activity, if breathing and heart rate is noticeably faster but an individual can still carry on a conversation, it's probably moderately intense. *Examples* include:
 - Walking briskly (a 15-minute mile)
 - Light yard work (raking/bagging leaves or using a lawn mower)
 - Light snow shoveling
 - Actively playing with children
 - Biking at a casual pace

Vigorous Activity

- Heart rate is increased substantially and the individual is breathing too hard and fast to have a conversation, it's probably vigorously intense. *Examples* include:
 - Jogging/running
 - Swimming laps
 - Rollerblading/inline skating at a brisk pace.
 - Cross-country skiing
 - Most competitive sports (football, basketball, or soccer)
 - Jumping rope

If money or transportation is a problem, there are sometimes free exercise shows on TV. Pinterest and many other Apps have exercise videos that are free. Another possibility would be churches and schools that offer free exercise classes in the evening.

Questions to Consider...

Questions to ask about physical activity:



- To talk about physical activity, start with the health benefits of being active, even for short periods of time, on a regular basis. Consider asking your clients the following types of questions:
 - “When would be the best time of day or evening for you to be active?”
 - “What kinds of activities do you enjoy? Do you like walking? Seated aerobics? Do you prefer activities you can do alone, with someone else, or in a group?”
 - “How much time do you spend sitting each day? Would you like to try to work some physical activity into your daily routine?”

Tips for a Healthier Lifestyle

Here are five tips from the American Psychological Association to help you make lasting, positive lifestyle and behavior changes:

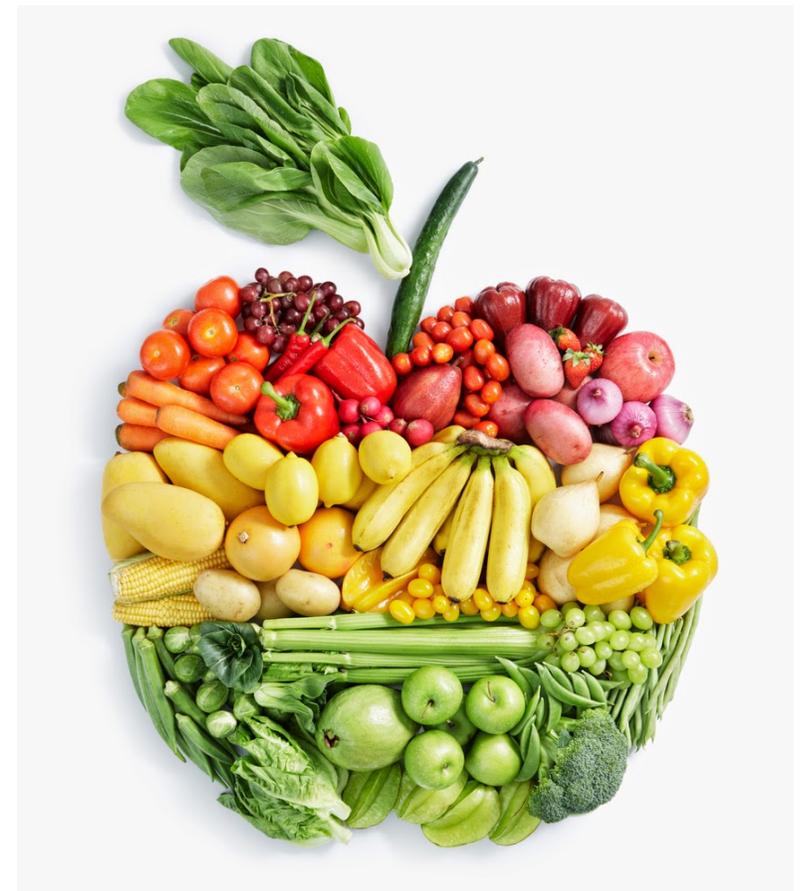
- 1. Make a plan that will stick.**
- 2. Start small.**
- 3. Change one behavior at a time.**
- 4. Involve a buddy.**
- 5. Ask for support.**

Making the changes that you want takes time and commitment, but you can do it. Just remember that:

- ✓ No one is perfect
- ✓ You will have occasional lapses
- ✓ Be kind to yourself
- ✓ When you eat a brownie or skip the gym, don't give up
- ✓ Minor missteps on the road to your goals are normal and okay
- ✓ Resolve to recover and get back on track

Lifestyle-Based Prevention Strategies

1. Limiting consumption of sugar-sweetened beverages
2. Encouraging consumption of U.S. Department of Agriculture (USDA) recommended quantities of fruits and vegetables
3. Limiting television and other “screen time” (e.g. computer and video games) to a maximum of two hours per day and to non-sleeping areas
4. Eating breakfast every day
5. Limiting eating at restaurants



Lifestyle-Based Prevention Strategies, continued

6. Encouraging family meals
7. Following USDA recommendations on portion sizes at meals
8. Encouraging a calcium-rich, high-fiber diet with balanced macronutrients and limited energy-dense foods
9. Encouraging exclusive breast-feeding for the first 6 months of life and continued breast-feeding combined with solid foods through at least the first 12 months of life
10. Promoting moderate to vigorous exercise for at least 30 minutes per day



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Medical Intervention

- There are many different prescription medications that can assist with weight loss.
- Gastrointestinal surgery - individuals with BMI higher than 40 kg/m² OR a BMI of 35-39.9 kg/m² with serious co-occurring physical condition; medical intervention paired with behavioral interventions – ineffective without both
- Patients should be aware of risks or complications involved with surgical procedures

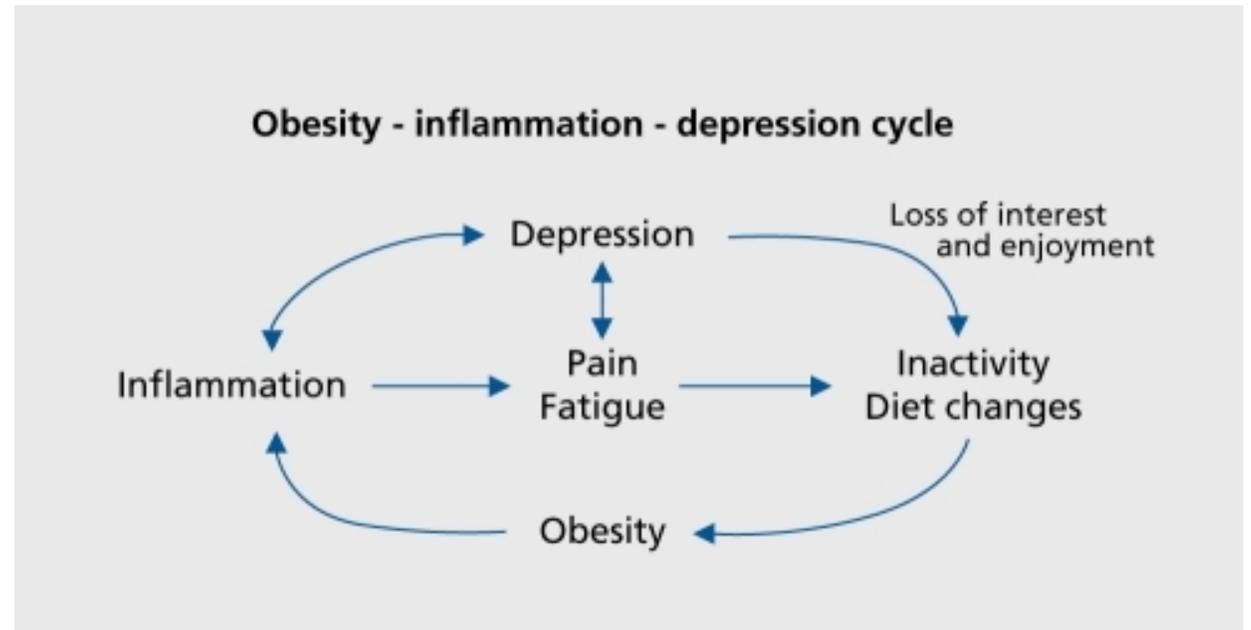


Antidepressants: Weight Gain Prevention Tips for Clients

1. Before starting on the medication, identify current weight and report the number to the physician.
2. Learn to tell the difference between being hungry and having an appetite.
3. Make sure the medication does not cause the stomach to produce too much acid.
4. Make more serotonin. Serotonin is made after eating any carbohydrate except the sugar in fruit (fructose).
5. Eat carbohydrates on an empty stomach or at least two hours after eating protein.
6. Choose carbohydrates that contain very little fat. A high protein, low carbohydrate diet is not recommended.
7. Avoid eating protein at dinner time if medications cause snacking all evening.
8. Exercise.

Behavioral Health Factors

- Psychological effects of being overweight and obese are as debilitating as medical effects
- Greater stigma, prejudice, and bullying
- Tendency to isolate oneself, worsening of mental health symptoms, increase in suicidal ideation and depression



Behavioral Health Factors, Continued

- Numerous studies report that the high prevalence of overweight and obesity in people with behavioral health issues is largely due to sedentary lifestyles and high-caloric diets.
- Approximately 90% of the people who suffer from major depressive disorder experience a significant loss of energy and engage in less physical activity (i.e., energy expenditure) compared to the general population.
- People with schizophrenia may avoid taking walks or exercising at a gym due to negative symptoms they may experience, such as paranoia and/or hallucinations. This group will also tend to rely more on food stamps and have a lower quality diet.
- People with bipolar disorder report less physical activity compared to the general population, which may be due to loss of energy and a loss of interest in daily activities.

Behavioral Health Treatment

- Due to weight increases with treatment of psychiatric medications, behavioral health treatment should routinely include weight management counseling
- Behavioral healthcare providers:
 - Screen clients for overweight and obesity during intake
 - Educate on importance of maintaining a healthy diet and daily exercise routine
 - Provide counseling at onset of and throughout behavioral health treatment may aid in prevention of weight gain due to pharmacotherapy and symptoms



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Smoking Cessation

- Smoking is bad for health.
- Smoking harms nearly every organ of the body.
- Cigarette smoking causes **87 percent** of lung cancer deaths. It is also responsible for many other cancers and health problems. These include lung disease, heart and blood vessel disease, stroke and cataracts.
- Women who smoke have a greater chance of certain pregnancy problems or having a baby die from sudden infant death syndrome (SIDS).
- Smoking is also bad for other people - they breathe in smoke secondhand and can get many of the same problems as smokers do.
- Quitting smoking can reduce the risk of health problems.
- The earlier an individual quits, the greater the benefit.



Reasons to Quit Smoking

- ✓ Health
- ✓ Wallet
- ✓ Convenience
- ✓ Friends and Family

Smoking Cessation: E-Cigarettes

- Most e-cigarettes contain nicotine.
 - Nicotine is highly addictive and can cause changes in the brain that leads to compulsive use of e-cigarettes.
- These products were originally developed as a "healthier" alternative to smoking, but no studies have been conducted showing the effects of long term use.
 - We do know that it has negative effects on both heart and lung function.
 - It also contains aerosol, along with other harmful chemicals, which can lead to lung disease.
- Using e-cigarettes is substantially less harmful than inhaling smoke from combustible tobacco, such as cigarettes and cigars.
 - Much remains unknown, however, and it is critical to continue to monitor the potential health effects, addictiveness and toxicity of e-cigarettes. Still being exposed to harmful chemicals.



*Use of e-cigarettes
has increased
dramatically since
2015.*

Smoking Cessation

How to Assist Clients with Quitting

- Talk with the client about setting a “Quit Day” and have them sign the No-Smoking Contract.
- Assist the client with choosing the method for quitting.
 - “Cold turkey”
 - Cut down the number of cigarettes smoked each day until able to stop smoking completely
 - Smoke only part of each cigarette, reducing the amount until able to stop smoking completely
- Do some research. Assist the client to decide if they want to talk to a medical professional about the need for medicines to help them quit.
- Work with the client to make a plan for Quit Day.

Cessation Aids

- 62 Different Known Medications Used to Aid in Smoking Cessation
- OTC and Prescription
- Oral pills (Wellbutrin, Chantix)
- Nicotine Patches
- Nicotine Gum
- Talk with your client about what is best for them

Substance Use

- According to SAMHSA, research indicates substantial health disparities between people with substance use disorder and the general population
- Many factors play a role in these disparities, including:
 - Higher rates of cardiovascular disease, diabetes, respiratory disease, and infectious disease (including HIV)
 - Elevated risk factors due to high rates of smoking, obesity, and unsafe sexual practices
 - Increased vulnerability due to poverty, social isolation, trauma & violence, and incarceration
 - Lack of coordination between mental and primary healthcare providers
 - Prejudice and discrimination
 - Side effects from psychotropic medications
 - Overall lack of access to health care, particularly preventive care

Positive Coping Strategies and Interventions

- Low self esteem, depression, increased stress, and avoidant coping strategies related to unhealthy eating habits and being overweight
- Use of adaptive coping strategies may decrease unhealthy behaviors overall, specifically unhealthy behaviors related to diet
- Family-based behavioral weight control interventions – used for treating moderate childhood obesity; typically maintained approximately 10+ years
- Studies show a greater success when parents are involved in obesity interventions with children



Stress Reduction

- Too much stress can have a significant impact on a person's overall health and wellbeing.
- An unhealthy level of stress can cause or exacerbate:
 - Tense muscles
 - Rapid breathing and heartbeat
 - Headaches
 - Difficulty sleeping
 - Fatigue
 - Cardiovascular disease
 - Obesity
 - GI problems

BEHAVIORAL SYMPTOMS

- Changes in appetite
 - Eating too much or too little
- Procrastinating and avoiding responsibility
- Increased use of alcohol, drugs, nicotine, or other negative coping skills
- Exhibiting more nervous behaviors, such as fingernail biting, fidgeting, and pacing

Stress Reduction, Continued

- Strategies for clients to help reduce stress and its effects include:
 - Mindfulness exercises
 - Relaxation techniques
 - Deep breathing
 - Social support
 - Emotion regulation
 - Managing thoughts
 - Self-care
 - Spirituality
 - Exercise
 - Acceptance
 - Distraction



Overall Health and Lifestyles

It is important to be healthy overall with physical, mental, and emotional wellbeing.

- People are like puzzles made up of three main pieces:
 1. Physical health
 2. Mental health
 3. Emotional health
- While each piece can be treated individually, it's easier to see the whole picture when they are together. Each piece affects the other two as well.



Healthy Lifestyle Tips for Clients

- ✓ Start a physical activity/exercise regiment
- ✓ Eat healthier foods
- ✓ Manage all your physical health/medical conditions
- ✓ Reduce stress, engage in self-care
- ✓ Utilize your support systems (friends, family, etc.)
- ✓ Seek out help as needed (i.e., mental health services)
- ✓ Don't give up. There will be setbacks.
- ✓ **Remember it is a journey...**

Wellness & Care Coordination

Role of a Health Link Provider

- To function as an educator regarding the care coordination process and specific health care issues
- To partner with the member and family in assisting them to reach maximum achievable health and quality of life potential and maximum independence
- To serve as an advocate for the member and family

Role of a Care Coordinator

- Coordinate with PCP, specialists, and other providers
- Regular check-ins (with client, family, providers, etc. involved in the case)
- Motivational Interviewing
- Goal-setting (i.e., implementing 30 minutes physical activity a day)
- Implement simple props (i.e., educational charts, daily health logs, etc.) to serve as good reminders
- Teach-back method – have the member repeat the information given during a visit

Treatment Modalities That Promote Change

Cognitive Behavioral Therapy (CBT)

Strategies:

- Goal Setting
- Self-Monitoring
- Feedback and Reinforcement
- Boosting the belief that “you can do it”
- Incentives

Motivational Interviewing (MI)

Guiding principles:

- Roll with resistance
- Express empathy
- Avoid argumentation
- Develop discrepancy
- Support self-efficacy

How can THL help to Improve Client's Health?

As a health link provider, you can assist your clients and families with achieving better health

- **C**oaching
 - The care coordinator will assist the member with coaching them towards a healthier lifestyle, such as establishing and assisting the client to follow through with goals and healthy regiments
- **A**dvocate
 - The care coordinator will advocate on behalf of, and with the client in the treatment process, such as working with specialty providers involved in the case
- **R**esources
 - Provide resources to assist the client achieving optimal health, such as resources for substance use, smoking cessation, etc.
- **E**mpowerment/Encouragement
 - Encourage the client to work toward their goals, *even through the setbacks*. Empower the client by providing the tools they need and motivation to succeed



Resources

- ❑ For more information on public health and obesity/overweight visit the CDC's website at <https://www.cdc.gov/obesity/data/adult.html>

- ❑ For more information on healthy eating and physical activity resources for clients, visit the following website at <https://www.niddk.nih.gov/health-information/weight-management/talking-adult-patients-tips-primary-care-clinicians>
 - [Just Enough for You: About Food Portions](#)
 - [USDA's ChooseMyPlate](#)
 - [U.S. Dietary Guidelines 2015-2020](#)
 - [Physical Activity Guidelines for Americans](#)
 - [Staying Active at Any Size](#)
 - [Tips to Help You Get Active](#)

- ❑ Many free apps online for weight loss and calorie tracking. Examples include:
 - My Fitness Pal, Fat Secret, Yazio, and Lose It

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